



## Healthy Living Resources for the Classroom

2017/2018

### FUNDAMENTAL MOVEMENT SKILLS AND ACTIVE PARTICIPATION ELEMENTARY

#### Programs, Lessons and Resources

If you would like to borrow a resource, please contact Algoma Public Health at [resources@algomapublichealth.com](mailto:resources@algomapublichealth.com)

#### Strand A Active Living

##### **Busy Box - Grade: K-8**

- Tool kit includes products and resources to encourage daily vigorous physical activity. Rubber chickens, koosh balls, and a variety of other articles can add an enthusiastic addition to your Physical Activity Program.
  - To borrow the busy box contact Algoma Public Health.
- \* Available in English and French

##### **Daily Physical Activity Kit – DPA created by Ophea- Helping you make DPA part of every child's day.**

- Ophea has created 3 DPA kits targeted at the Primary, Junior and Intermediate grade levels. Each kit contains loads of ideas on physical activity for teachers, educators, coaches, camp and community leaders as well as public health professionals located in the binder. The DVD's include Movin Music, Dancing for DPA, DPA in Action as well as 50 Fitness Activities. Also included is a poster with Chair Aerobic activities for those students with mobility restrictions.

##### **Everybody Move! - Grade: K-8**

Resource Manual, DVD with Dance and Activity Demonstrations and Music CD.

- This is an exciting new resource packed full of ideas to help you get your students moving and having lots of fun at the same time. The activity ideas offer suggestions for use in limited space, outdoors and with limited equipment.

##### **Jump 2b Fit (Skipping Rope Program & Activities) - Grade 3-8**

- Jump 2b Fit is a program that includes all the tools you need to include rope skipping in a variety of fun and exciting ways within your physical education program. Program materials include: a manual, 45 minute video, 12 track music CD, skipping ropes, and a copy of a student booklet/activities (to photocopy). The manual is designed to give teachers all the necessary information to implement a varied and exciting rope-skipping program. Skipping has so many physical and health benefits, so include it in your physical education program today!

\* The manual, video, CD, a copy of student booklet (for photocopy) are available in English

- \* A copy of student activity booklet (for photocopy) is available in French

### **Kids in Motion School Pedometer Loan Program/**

#### **Walking Club Program - *Grade: 4-8***

- The resource kit includes the backgrounder for developing a walking club, pedometer information, mini lesson plans and walking activities, teacher resource guide, and student handbook- with linkages to the common curriculum. This program will offer the loan of class sets of pedometers for Grades 4-8 to encourage your students to be physically active through walking.

\* Available in English and French

#### **Moving to Inclusion - *Grade: K-8***

- This manual has been developed to help you include students with disabilities in your school's physical education program. It contains abridged versions of nine disability specific manuals, with background information on inclusive physical education and addressing topics of common interest and concern across all disability areas.

\* Available in English

#### **Not Just Another Games Book - *Grade: K-8***

- This book includes over twenty chapters on theme week and special event programming. Topic areas include: Welcome Week, Week on Wheels, Fitness Follies and Western Daze.

\* Available in English

#### **Ophea 50 Fitness Activity Cards**

These activities are aimed at getting your heart pumping through a library of core fitness moves that can be used on their own or together for a great variety of activities. Great for use in minimal spaces.

\* Available in English

#### **Pedometer Power *D 67 Lessons for K-12***

- Welcome to the new and exciting world of pedometers. This inexpensive device gives you, the physical activity education teacher a way to help your students develop patterns of physical activity and teach them how to monitor the amount of physical activity they accumulate on a daily basis. This book discusses the importance of physical activity, the physical activity guidelines, how to use pedometers, as well as sample pedometer programs & activities. Have fun with the power of a pedometer!

\* Available in English and French



### **Snow Fun! - Grade: K-8**

- In most parts of Canada, we experience winter, snow, cold winds and ice. This winter wonderland provides an opportunity for a variety of different kinds of activities. The question is often raised, what can we do since it is cold and snowing outside? This booklet brings together a collection of games and activities that can help answer that question.

\* Available in English

### **The Ultimate Playground & Recess Game Book - Grade: K-8**

- Contains over 170 fun-packed, safe, and ready-to-use activities to help you create a quality play experience for children of all ages. Will help to eliminate student boredom during recess, providing physical exercise for children through the use of fun and challenging activities and create a safe and active playground setting for students. Includes a chapter on indoor classroom games for inclement weather days.

\* Available in English

## **Websites**

### **ParticipACTION**

This website is rich with resources filled with, reports, activities and blogs with information on how to get children and adults physically active.

Examples of information that can be found on this site include; 2015

ParticipACTION report card on Physical Activity for Children and Youth, Teen Challenge, RBC Sport Day in Canada and Bring Back Play.

[www.participaction.com/slash](http://www.participaction.com/slash)



### **CIRA, Canadian Intramural Recreation Association**

CIRA provides many resources available for purchase that support active living/ physical activity, specifically designed for teachers. These books are reasonably priced and contain easily implemented activities. A list serve is also available on this site which encourages sharing of physical activity ideas.

[www.ciraontario.com](http://www.ciraontario.com)



### **Heart and Stroke Foundation**

Contains excellent activity resources that can be downloaded, including the Heart Healthy Kids Physical Activity Handbook and Heart Healthy Lesson Plans. To access, go to For Our Kids, For Teachers.

[www.heartandstroke.ca](http://www.heartandstroke.ca)



## Ministry of Education

Extensive resources for teachers have been developed to directly support DPA. These resources include strategies for addressing space and time, special needs students, and progress checklists. Also includes grade specific activities for students.

[www.edu.gov.on.ca/eng/teachers/dpa.html](http://www.edu.gov.on.ca/eng/teachers/dpa.html)



## OPHEA- Ontario Physical and Health Education Association

An award-winning website designed for educators committed to improving the physical health and well-being of Ontario's children and youth. Ophea.net provides members with information on OPHEA's programs and services, news updates, activity ideas, training and development opportunities, and much more. Free registration takes place on line in order to access the resources.

[www.ophea.net](http://www.ophea.net)



## Play Sport

An education website full of great activities and games to teach children to play! Play Sport allows you to search for activities based on the equipment you have, the skills you want to teach, as well as the complexity of the game and space you have available. Play Sport can be found in the OPHEA website under

[www.playsport.net/](http://www.playsport.net/)

## PHE Canada, Physical Health and Education Canada

PHE Canada supports schools in becoming "Health Promoting Schools", including the provision of Quality Daily Physical Education and Quality School Health. PHE support schools through a range of programs, resources and initiatives. PHE Canada

[www.phecanada.ca/](http://www.phecanada.ca/)



## Canadian Society for Exercise Physiology

This site offers the Canadian Physical Activity and Sedentary Behaviour guidelines for all ages. This site has guidelines that are available for print.

<http://www.csep.ca>



## PARC, Physical Activity Resource Center

PARC provides support to Physical Activity Promoters across Ontario through consultation, training, networking, and knowledge sharing.

<http://parc.ophea.net/>

